Amendments to the CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims:

- 1. (Original) An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability comprising, in % by mass, 0.3-1.0% of Mg, 0.3-1.2% of Si, 0.10-1.0% of Fe and 0.05-0.5% of Mn; where Fe + Mn \geq 0.2%; the remainder consisting of Al and unavoidable impurities; wherein an average value of recrystallized grain size is 25 μ m or less; and there are at least 5000 particles/mm² of intermetallic compounds with a circle-equivalent diameter of 1-6 μ m.
- 2. (Original) An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance with claim 1, further comprising 0.5-1.0% of Cu.
- 3. (Currently Amended) An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance with claim 1 or 2, further comprising 0.1-0.4% of Zr.
- 4. (Currently Amended) An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance with <u>claim 1</u> any one of claims 1-3, further comprising 0.05% or less of Ti, or 0.05% or less of Ti and 0.01% or less of B.
- 5. (Currently Amended) A method of manufacturing an aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance

with <u>claim 1</u> any one of claims 1-4, comprising steps of pouring a melt consisting of the above-claimed composition into an opposing rotating belt caster that is forcibly cooled; casting the melt at a cooling rate of 40-90 °C/sec to form a 5-10 mm thick slab; drawing said slab from the side opposite the side where the melt was poured; rolling directly or after winding into a coil; and subjecting to a solution heat treatment.

- 6. (New) An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance with claim 2, further comprising 0.1-0.4% of Zr.
- 7. (New) An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance with claim 2, further comprising 0.05% or less of Ti, or 0.05% or less of Ti and 0.01% or less of B.
- 8. (New) An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance with claim 3, further comprising 0.05% or less of Ti, or 0.05% or less of Ti and 0.01% or less of B.
- 9. (New) A method of manufacturing an aluminum alloy plate with excellent pressformability and continuous resistance spot weldability in accordance with claim 2,
 comprising steps of pouring a melt consisting of the above-claimed composition into an
 opposing rotating belt caster that is forcibly cooled; casting the melt at a cooling rate of
 40-90 °C/sec to form a 5-10 mm thick slab; drawing said slab from the side opposite the
 side where the melt was poured; rolling directly or after winding into a coil; and
 subjecting to a solution heat treatment.
- 10. (New) A method of manufacturing an aluminum alloy plate with excellent pressformability and continuous resistance spot weldability in accordance with claim 3, comprising steps of pouring a melt consisting of the above-claimed composition into an

opposing rotating belt caster that is forcibly cooled; casting the melt at a cooling rate of 40-90 °C/sec to form a 5-10 mm thick slab; drawing said slab from the side opposite the side where the melt was poured; rolling directly or after winding into a coil; and subjecting to a solution heat treatment.

11. (New) A method of manufacturing an aluminum alloy plate with excellent pressformability and continuous resistance spot weldability in accordance with claim 4,
comprising steps of pouring a melt consisting of the above-claimed composition into an
opposing rotating belt caster that is forcibly cooled; casting the melt at a cooling rate of
40-90 °C/sec to form a 5-10 mm thick slab; drawing said slab from the side opposite the
side where the melt was poured; rolling directly or after winding into a coil; and
subjecting to a solution heat treatment.